



Great Bear
Healthcare

®

Great Bear

Healthcare

GB3 NIBBLE

2 Litre

Drainage Bag

User Guide

Tube Length 90cm
Capacity 2 Litre
Create User T. Area with Enduro/Clm

Libra Leg Bag

015 110



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Tube Length **90cm**
Capacity **2 Litre**
Single Use Tubes with Safety Clip

Great Bear
healthcare

Libra Leg Bag



Dignity, Respect, Quality & Commitment



Libra[®] Leg Bag 500ST Re-Order Code: 10102C

500
400
300
200
100ml
Approx

Max Recommended
Use 7 Days

DATE FITTED

CE

0120

Libra[®] Leg Bag

Utilising high quality materials with a user friendly design, the Libra Leg Bag provides total peace of mind for users and carers alike.

With a comprehensive range of sizes and tube lengths, we are confident that there will be a Libra Leg Bag to suit all needs.

Key Features

The Libra Leg Bag tap can be swivelled for comfort and extra security. It also features raised ridges to allow the visually impaired to identify whether the bag is open or closed.

Ridged connector

for a secure fitting to a catheter or sheath

Needle-free sample port

for easy, safe sampling

Date fitted box

for easy monitoring of how long the Libra Leg Bag has been in use

Smooth fabric backing

for comfort & discretion

Non-return valve

reduces the risk of ascending infections

180° lever action tap

simple to operate and secure

Kink resistant silicone tubing

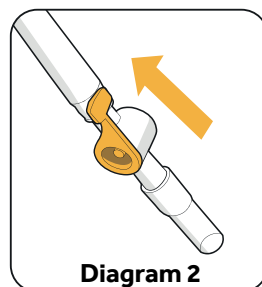
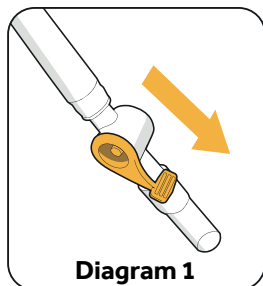
for easy overnight drainage



Connecting the Libra[®] Leg Bag to a Catheter or Sheath

1. Wash hands
2. Open peel pouch and remove Libra Leg Bag from its packaging
3. Ensure the lever on the outlet tap is in the closed position (Diagram 2)
4. Remove the grey protective cap from the Libra inlet connector
5. Insert the ridged inlet connector into the end of the indwelling catheter or sheath. Insert the connector fully to allow a secure connection
6. The Libra Leg Bag should be positioned on the thigh or calf, depending on the tube length, and secured appropriately with the leg bag straps provided. See page 8 for more information
7. Feed the leg bag straps through the eyelets on the bag and ensure the wavy silicone lines face onto the leg
8. Make sure the inlet tubing isn't kinked which can restrict the flow of urine

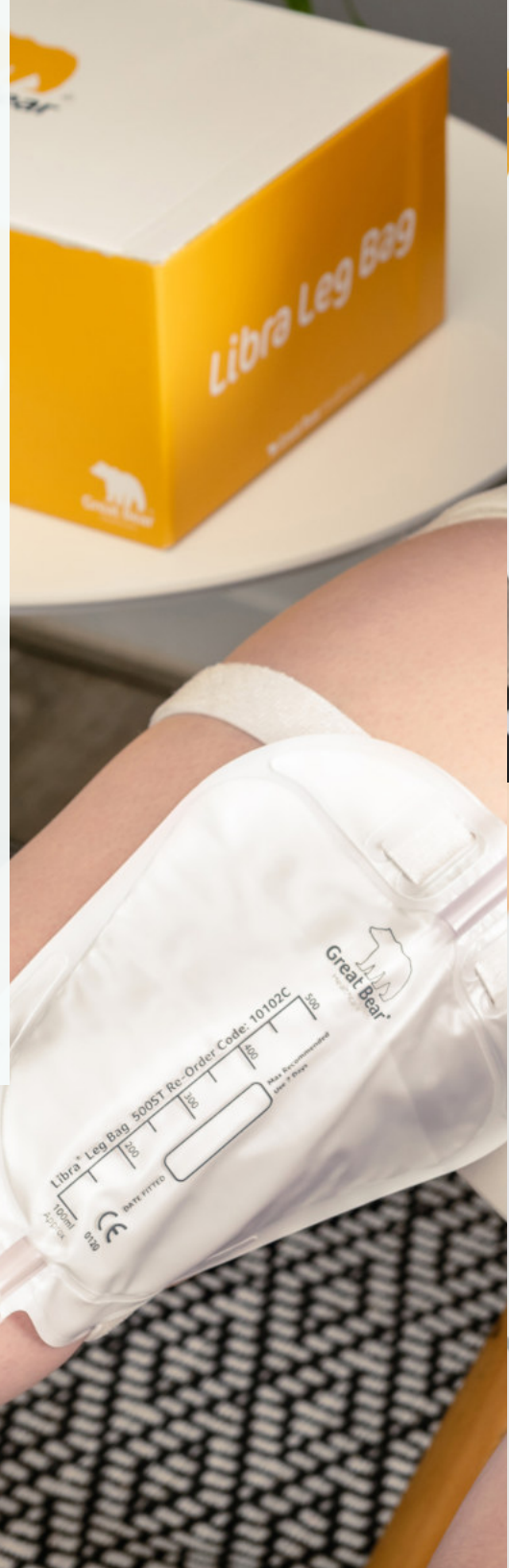
Ensure you do not touch the open end of either the catheter or leg bag connector when connecting, emptying or changing the leg bag as this could lead to infection.



Emptying the Libra[®] Leg Bag

Your healthcare professional will be able to advise you on how often you should empty your Libra Leg Bag. The frequency will depend on your urinary output and what capacity of leg bag you are wearing. If unsure, empty your leg bag when it is two thirds full.

1. Wash hands
2. Empty the Libra Leg Bag by pushing the lever on the outlet tap all the way down to open (Diagram 1, Page 5)
3. Urine will flow from the outlet tap
4. Remember to close the tap fully after emptying (Diagram 2, Page 5)
5. Wash hands





Paediatric Bags & Straps

Mummy, Daddy and Baby Bear are designed specifically for babies and young children, with a fun child-friendly appearance and less cumbersome sizes.

Mummy, Daddy and Baby Bear Leg Bags are recommended for babies and young children.



Libra[®] Conform

Designed for maximum discretion and comfort, the Libra Conform is a three chambered leg bag that will wrap around the contour of the leg.

Ideal for those who are more active as the "ballooning" effect and audible noises associated with drainage bags are minimised. The urine is evenly distributed amongst the three chambers.

Suspensory Options & Where to Position

It's very important to not let your leg bag hang unsupported from your catheter as this will cause urethral discomfort and trauma.

There are two main ways to support the weight of your Libra Leg Bag; Libra Leg Bag Straps or the Libra Leg Bag Holder.

Libra[®] Leg Bag Holder

You can use the Libra Leg Bag Holder which encases the leg bag on the leg, offering full support whilst allowing the skin to breathe.



Libra[®] Leg Bag Straps

Libra Leg Bag Straps support the Libra Leg Bag from the top and bottom and secure it comfortably to the leg.

The Libra Leg Bag will either be positioned on the thigh (if you are using a short tube or direct inlet) or on the calf (if you are using a long or adjustable tube).

- 1.** Feed the longer Libra Leg Bag strap through the four eyelets at the top of your leg bag
- 2.** Feed the shorter Libra Leg Bag strap through the two eyelets at the bottom of your leg bag
- 3.** Ensure the silicone lines are facing your skin
- 4.** Wrap the straps around your thigh or calf in the desired position
- 5.** Secure using the velcro tabs ensuring that the strap is not overtightened to prevent poor circulation in the leg



GB Night Bag Range

Do not connect a single-use night bag directly to an indwelling catheter. Single-use night bags should only be connected to a sheath or to a leg bag as part of an overnight link system.



Single-Use

Our night drainage bags can be connected to a leg bag to allow overnight drainage. The single-use design means that once emptied, they can be disposed of for ease and convenience.

Key Features of the Single-Use Night Bag Range

1. Drainable and non-drainable designs available
2. 2 litre and 3 litre capacities available
3. Choice of both sterile or non-sterile options
4. Four hanger holes to allow positioning on a night stand
5. Tear open strip on the GB2 and a single-use T-tap on the GB3, GB3S, GB5 & GB5S allows for quick and easy emptying
6. Tamper proof. Our single-use night bags cannot be reused after emptying
7. A safety clip on the GB3, GB3S, GB5 and GB5S protects the tap from accidental opening
8. A universal design that can be used with any leg bag

Reusable

The GB4, GB4 Fold Up and GB6 can be connected directly to a sheath or an indwelling catheter and can be used for a period of 5-7 days.

Key Features of the Reusable Night Bag Range

1. Sterile, drainable night bags with our easy to use lever action tap
2. 2 litre and 3 litre capacities available
3. Flexible, wide bore tubing for easy drainage
4. Date fitted box for easy monitoring of how long the night bag has been in use
5. Four hanger holes to allow positioning on a night stand
6. The tap on the GB4 Fold-Up can be folded up to prevent prolonged contact with potentially contaminated surfaces
7. A universal design that can be used with any leg bag

After disconnecting a night bag from the catheter, it's important not to reconnect it.



Which Night Bag is Right for Me?

GB Night Bags are designed with common features but also with specific benefits to suit individual needs. Here are some considerations to make when selecting a night bag:

Do you wear a leg bag or catheter valve and need a night bag for additional drainage? If yes, a single-use night bag would be beneficial. You connect it directly to your leg bag or catheter valve as part of an overnight link system (Page 13).

Are you largely immobile or under bed rest? If so, one of the reusable options would be suitable as they can be connected directly to the catheter and kept in situ for 5-7 days without a need for a leg bag.

Are you susceptible to infections? Those who are more vulnerable or at risk of infection could benefit from our GB3S or GB5S; a night bag that combines the infection control benefits of both single-use and sterile options.

Under no circumstances should any night bag be reused once the initial connection to the catheter has been broken.

Overnight Link System

Where a leg bag is being used, a 2 litre or 3 litre night bag can be connected to the end of the leg bag to provide additional capacity for overnight drainage.

1. When you go to bed, do not disconnect your leg bag from your catheter or sheath
2. Insert the connector of your night bag to the silicone sleeve on your leg bag (Diagram 1). Insert the connector fully to allow a secure connection
3. Once connected, turn the Libra Leg Bag tap to the open position (Diagram 2) to allow the overnight drainage into the night bag
4. Before disconnecting the night bag in the morning, ensure the Libra Leg Bag tap is in the closed position (Diagram 3)

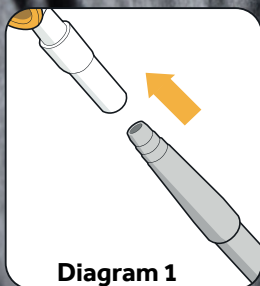


Diagram 1

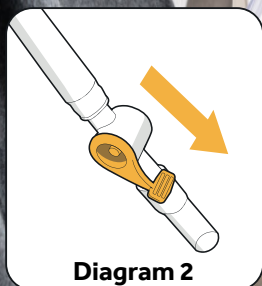


Diagram 2

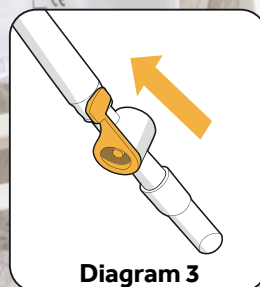


Diagram 3



Using a Night Stand

It is recommended that you use a night stand or bedside hanger to support the night bag in use.

The hanger holes on all Great Bear night bags allow for the weight of the bag to be equally supported on a night stand.

We have a plastic flat pack night stand available complimentary to patients registered with our Nightingale Home Delivery Service (see page 19).

Important: Always position the night bag on a night stand at a level below the bladder to ensure optimal drainage.

Key Tips for Using a Great Bear Urine Drainage Bag

- Hygiene is very important when catheterised to prevent infection. Ensure you wash your hands thoroughly before and after handling your Great Bear drainage bags. If someone else is handling your leg or night bag, whether that is a relative, a carer or healthcare professional, they must wash and dry their hands and wear a clean pair of gloves
- Any Great Bear drainage bags that are supplied in an individual peel pouch are sterile. It is important that they remain in their sterile peel pouch until ready for use. If the packaging is damaged or opened, the sterility of the product may be compromised and should not be used
- Libra Leg Bags and the reusable night bags can be kept in situ for 5-7 days. These bags should only ever be disconnected from the catheter when it needs changing
- Whilst the graduations on Great Bear drainage bags provide a useful indication, they are approximates only and should not be used to record accurate urinary output. If an accurate measurement of volume is required, drain the urine into a clean measuring jug
- Used drainage bags can be disposed of with household waste. Disposable bags are available on request through the Nightingale Home Delivery Service
- Do not flush your drainage bag down the toilet
- Keep drainage bags out of the reach of children; small components could pose a choking hazard

Troubleshooting

Urine won't drain into my bag?

Firstly, check that the tubing is not kinked. If there are any kinks in the tubing, straighten them out. A trapped Non-Return Valve (NRV) can also prevent urine draining into the bag. The NRV is the clear flap of plastic that is located directly behind the bear print on the bag. On very rare occasions the NRV can become trapped during sterilisation. Manipulate the NRV by rubbing the front and back of the bag where the bear is, this should release the NRV and allow proper drainage. If this does not work, please contact your healthcare professional.

My bag has turned purple?

This is a known phenomenon called "Purple Bag Syndrome". Bacteria in the urine or certain medications can react with the bag material and change it blue or purple. The change in colour is not harmful but we would advise you consult your healthcare professional to rule out infection.

The bag keeps disconnecting from my catheter?

Disconnection usually occurs when the connector on the drainage bag has not been sufficiently pushed into the catheter. Ensure the ridged connector on the drainage bag is pushed in as far as possible to ensure a secure connection.

The tap on my bag keeps catching/accidentally opening, what can I do?

The tap on our Libra Leg Bag and reusable night bags can be rotated 360° and positioned to prevent accidental opening.

Importance of Catheter Fixation

The GB Fix-it Retaining Strap is designed to secure indwelling and suprapubic catheters, as well as leg bag tubing with a sheath system. Proper securement is essential to prevent urethral trauma, pain and discomfort.

Do not let your catheter or drainage bag hang unsupported. If you are unsure give our Nightingale customer care team a call, who can arrange for samples of supportive devices to be sent to you to secure the catheter in use.



Order Codes

Libra Leg Bag - Prescription

All prescription Libra Leg Bags come with fabric backing and one pair of leg bag straps as standard

Code	Capacity	Tube Length	Qty	PIP Code
10130G	350ml	Direct Inlet	10	361-2991
10100A	350ml	Short (10cm)	10	335-4354
10131H	500ml	Direct Inlet	10	361-3007
10102C	500ml	Short (10cm)	10	335-4388
10104E	500ml	Long (30cm)	10	335-4370
10105F	500ml	Adjustable (45cm)	10	335-4362
10132J	750ml	Direct Inlet	10	361-3015
10106G	750ml	Short (10cm)	10	335-4347
10108J	750ml	Long (30cm)	10	335-4404
10110L	750ml	Adjustable (45cm)	10	335-4396
10133K	1000ml	Direct Inlet	10	361-3023
10120W	1000ml	Long (30cm)	10	342-9453
10122Y	1000ml	Adjustable (45cm)	10	342-9461

Libra Conform - Prescription

All prescription Libra Conform come with fabric backing and one pair of leg bag straps as standard

Code	Capacity	Tube Length	Qty	PIP Code
10114Q	500ml	Short (10cm)	10	382-4653
10115R	500ml	Long (30cm)	10	382-4661
10116S	750ml	Short (10cm)	10	382-4679
10117T	750ml	Long (30cm)	10	382-4687

Paediatric - Prescription

All prescription Paediatric Leg Bags come with fabric backing and one leg bag strap as standard

Code	Capacity	Tube Length	Qty	PIP Code
10101B	150ml	Direct Inlet	10	384-8306
10125B	150ml	Adjustable (45cm)	10	384-8298
10111M	250ml	Direct Inlet	10	384-8314
10135M	250ml	Adjustable (45cm)	10	384-8322
10103D	350ml	Direct Inlet	10	408-6385
10151D	350ml	Adjustable (45cm)	10	408-6393

Single-Use Night Bags - Prescription

Code	Product Name	Description	Qty	PIP Code
10300S	GB2	2 litre, non-sterile and non-drainable	10	335-4339
10303V	GB3	2 litre, non-sterile with single-use T-tap	10	342-9479
10GB3S	GB3S	2 litre, sterile with single-use T-tap	10	365-4837
30GB3S	GB3S	2 litre, sterile with single-use T-tap	30	419-3058
10330Y	GB5	3 litre, non-sterile with single-use T-tap	10	404-9441
10GB5S	GB5S	3 litre, sterile with single-use T-tap	10	419-6838

Reusable Night Bags - Prescription

Code	Product Name	Description	Qty	PIP Code
10400W	GB4	2 litre, sterile and reusable with lever action tap	10	335-4321
10402Y	GB4 Fold Up	2 litre, sterile and reusable with star tubing and foldable lever action tap	10	385-5137
10430U	GB6	3 litre, sterile and reusable with star tubing and lever action tap	10	404-9433

How to Order

- All drainage bags are available on prescription via Nightingale Home Delivery Service
- To place your order call Freephone **0800 304 7434** or visit **www.nightingaledelivery.co.uk**
- Please ensure you have your GP details to hand and make sure you have at least two weeks' supply in hand before reordering

Order your
supplies with
Nightingale



